

TOURISM BY BIKE FOR SENIORS



SILVER CYCLIST PROJECT

HOLIDAYS BY BIKE FOR SENIORS

¡DARE YOURSELF!

Spanish Railways Foundation - Greenways participates in the European project **"SILVER CYCLISTS"** with the aim of promoting tourism cycling among people over 55 years old.

This Project is co-funded by the **European Union** under the aid program **COSME**.

One of the most important objectives of the project **"SILVER CYCLISTS"** is to **encourage people over 55 years old to practice active tourism**, openly, proposing to practice **cycling tourism** on easy and attractive routes such as the **Cycling Network Eurovelo** (www.eurovelo.org) and the **Spanish Greenways** (www.viasverdes.com), recovered old railway lines for cycling or walking, and accessible to everyone, including people with disabilities. These itineraries are an excellent choice for active and healthy leisure, enemy of the sedentary lifestyle, and a unique and packed with experiences way of travelling.



www.silvercyclists.eu



Co-funded by the COSME programme
of the European Union



www.viasverdes.com



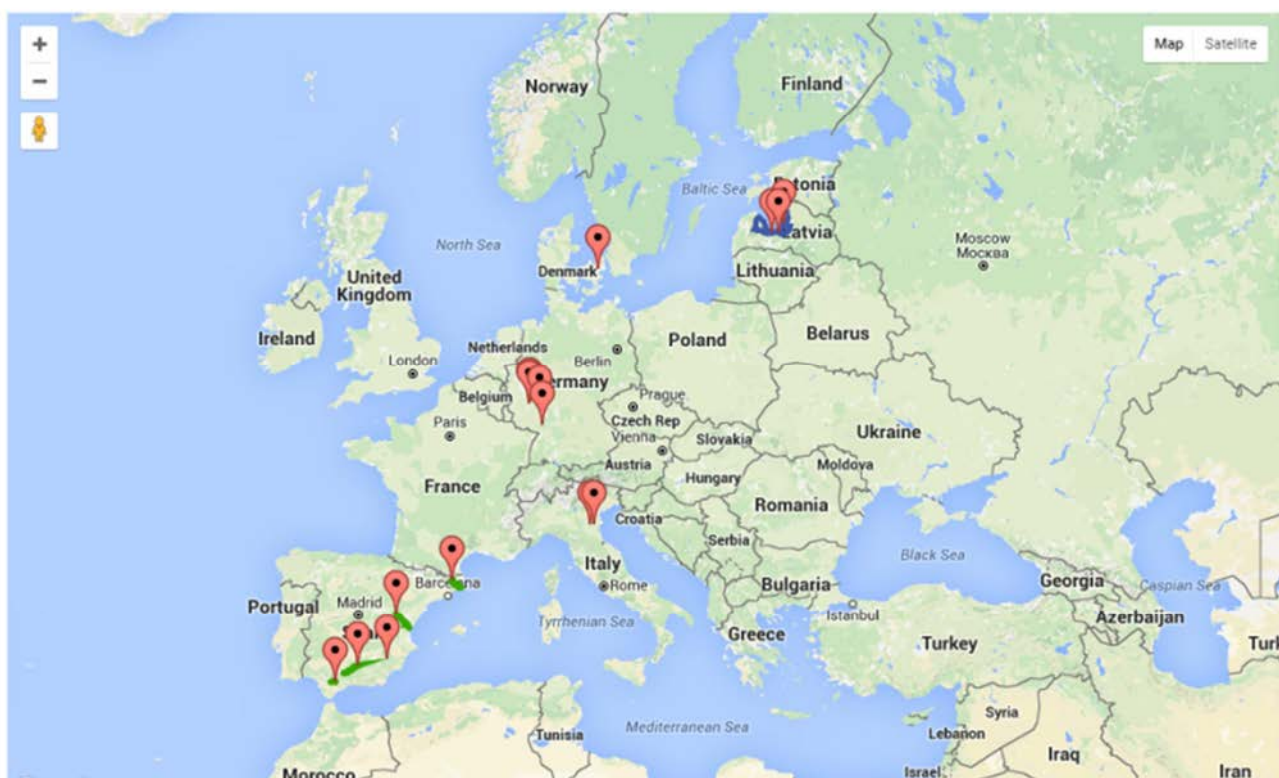
Confederación Española de Organizaciones de Mayores



In this catalogue, we present you some of the **SILVER CYCLISTS products**, tourist products (packages) **designed and thought for senior cyclist**, products that from the **Spanish Railways Foundation – Greenways** we recommend and encourage, and which have been endorsed by **CEOMA the Spanish Confederation of Senior Citizens**. All of these approaches were developed and tested by our partners of this project, for people from 55 years.

You have more information on our web page (<http://viasverdes.com/silvercyclists.asp>) and on the Project website www.silvercyclists.eu for further information, and where, additionally, you could see **ALL the SILVER CYCLISTS products** that have been prepared entering <http://silvercyclists.eu/bookable-offers/>

BOOKABLE OFFERS





DISCOVER THE FLAVORS OF OLIVE OIL GREENWAY

Cycling in the Greenway Olive Oil to discover the artisanal flavors of the region: olive oil, wine, cheese and traditional sweets. The longest Greenway of Andalusia with 128 km in a sea of olive trees watched Sierras Subbéticas Natural Park. From Jaén to Córdoba lands for a safe, accessible, with little slope and specially designed for people looking for bicycle tourism, nature, heritage and gastronomy tour. A journey full of contrasts: numerous viaducts (s. XIX), unique Andalusian villages with a huge cultural heritage. Charming accommodations. Travel 3 or 5 days with stages of about 42 km/day or 25 km/day on request.



INCLUDES

Option A) 5 days / 5 nights

- Five cycling days on a self-guided tour and accommodation in luxury hotels with. Last night: accommodation at a spectacular rural farmhouse.
- Olive Oil tasting in Martos, guided tour in Alcaudete Castle, Bats Cave on Zuheros, Wine museum

Option B) 3 days / 3 nights trip

- Three cycling days on a self-guided tour and accommodation in luxury hotels
- Visit to olive oil mills, wineries, cheese industries, Museums

In both options:

- Maps of the journey to be performed by their own pace.
- Daily luggage transport & Technical assistance during the trip.
- breakfast and special dinner every day
- Bike rental / Optional electric bike rental

PRICE PER PERSON

Prices: Option A (5 days): 429 € per person + optional: 50 € electric bike rental

Option B (3 days): 220 € per person + optional 30 € electric bike rental

FURTHER INFO & BOOKING

Subbética Cyclist Centre

Phone no.: +34 691 84 35 32

Email address: info@subbeticabikesfriends.com www.subbeticabikesfriends.com

Promotional CODE: "SILVER" Don't forget to mention it when you make your booking and get for free your maps of the EuroVelo Cycling Network and Spanish Greenways.

www.silvercyclists.eu



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ENJOY GREENWAYS IN GIRONA!

Cycling on Girona greenways while enjoying the landscape and lodging in charming accommodations. From the natural Park of La Garrotxa to the Mediterranean Sea. The ride is easy and fun. You'll be cycling about 35 Km / day. This greenway route in descent way from the Pyrenees to the sea is available for all, and especially for people who appreciate a slow-travel. This route is attractive, safe, accessible, with little slope and very easy to do. In addition, well signposted and car-free. With places to stop to take a picture or rest for a while. Ideal for beginners in this type of tourism by bike.



INCLUDES

- Welcome
- Three days cycling on the greenways in a self- guided tour.
- Road books and maps to follow the route at your own pace.
- Two nights accommodation in a 3 * hotel and a farmhouse.
- 2 transfers: Start of the route Girona-Olot / End of the route Sant Feliu-Girona
- Luggage transfer from a lodging to another.
- Assistance in case of mechanical problems (except punctures).
- Bottle
- Optional bike rental

PRICE PER PERSON

Price: 210 € + optional: 36 € rent a bike (VAT included)
Other condition: Minimum of 2 persons to be booked

FURTHER INFO & BOOKING

Cicloturisme i Medi Ambient

Phone no.: +34.972.22.10.47

Email address: info@cicloturisme.com <http://www.cicloturisme.com/>

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NOROESTE GREENWAY AND THE MAR MENOR IN THE MEDITERRANEAN SEA BY BIKE AND BOAT

From the Holy Town of Caravaca de la Cruz to the beaches of Mar Menor, passing the vineyards in Bullas and the Northwestern Rail Trail (Vía Verde del Noroeste), this 9-day trip will let you discover the wide variety of landscapes and villages of the Region of Murcia. Heritage, culture, relaxation and local cuisine will mix along the journey on calm local roads, seaside promenades and the Northwestern Rail Trail. From the pines forest to the Mediterranean Sea. The ride is easy, fun and full of attractiveness. You'll be cycling about 45 Km/day. Ideal for the Seniors, and people who want to cycle the greenways while enjoying the landscape and lodging in charming accommodations. You'll be cycling about 45 km/day.



INCLUDES

- 8 days cycling in a self-guided tour.
- Welcome (in English, Spanish or French)
- Road books and maps to follow the route at your own pace.
- 8 nights accommodation in a 4* hotel, 3* hotel and a rural inn with breakfast
- Luggage transfer from one lodging to another.
- Transport from Caravaca de la Cruz to San Pedro del Pinatar (on day 6)
- Assistance during the trip (except punctures)

PRICE PER PERSON

Price: 530 € per person based on shared double room + 110 € in case to rent a bike.
Extra apply for Holy week: +69€ / Single: +200€ / Half-board supplement: +154€

FURTHER INFO & BOOKING

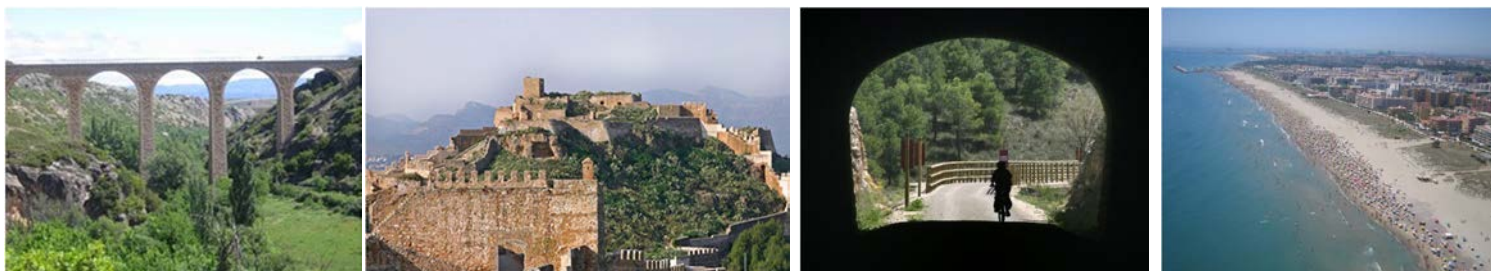
Viajes EntreTierras

Phone no.: +34.661.38.00.28

Email address: info@entretierras.com

<http://www.entretierras.com/>

Promotional CODE: " SILVER " Don't forget to mention it when you make your booking and get for free your maps of the EuroVelo Cycling Network and Spanish Greenways.



THE LONGEST SPANISH GREENWAY ! FROM THE OJOS NEGROS MINES TO THE MEDITERRANEAN SEA

Ride on Ojos Negros Greenway, 160 km, the largest Greenways trail in Spain. From the village of Cella to the Mediterranean Sea in Sagunto. An accessible itinerary to all people, that allows us to know a jewel of the Spanish heritage as Teruel, world capital of Moorish architecture highlighting the towers and the roof of the Cathedral, declared a World Heritage Site by UNESCO. From here, the greenway drives you to the coast, reaching the Mediterranean Sea discovering Alto Palancia Valley, a rural area in the province of Castellón. A must see "El salto de la novia" a very nice waterfall in Navajas village. The end of the route is the town of Sagunto, where you can relax and enjoy at the nearest beach or walk through the cultural and historical part of the town, filled with vestiges from past centuries as the castle or the ancient roman theatre. You'll be **cycling about 30 Km/day** with enough time to visit some places. This route is perfect for the ones who want to cycle the greenways while enjoying the landscape and lodging in comfortable accommodations.



INCLUDES

- 5 days / 4 nights trip
- B&B in hotels and rural accommodations
- Rental bicycle
- Daily luggage transport. (1 suitcase per person / max. 20 kg.)
- Trip information material and map.
- Accident insurance

PRICE PER PERSON

Price: 325 €. Optional transfer Sagunto - Teruel. (280 km): 156 € (by trip).

FURTHER INFO & BOOKING

Rutas Pangea

Phone: +34 915172839. e-mail: pangea@rutaspangea.com

www.rutaspangea.com

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SLEEPING IN A TRAIN CAR AND TRAVELLING BY BIKE AT THE ANDALUSIAN "WHITE VILLAGES"

Situated in Olvera Station, we offer cycling at Sierra greenway (36.5 km) and an original accommodation in the nature. Four bungalows that reproduce the train cars that go across the Jerez - Almargen railway in the XIX century. This greenway route from Olvera to Puerto Serrano in Cadiz and Seville provinces, is available for all, and especially for people who appreciate a slow-travel. Attractive, safe, accessible and very easy to do. You can discover the natural resources of Peñon de Zaframagón, roc declared nature reserve in 1989 and Special Bird Protection Area, that is home of communities of nesting birds and a large colony of griffon vultures. You can see a spectacular holm oak called "Chaparro de la Vega" a Natural Monument of Andalusia. The ride is easy and fun and you'll be passing through lots of tunnels, olives groves and Mediterranean forests.



INCLUDES

- Two night's accommodation in a train car for 2 people. At Olvera Station
- Rent of bikes for 2 people to enjoy Vía Verde de la Sierra (From 9.00 a.m. to 18:00 p.m.) & Maps to follow the route at your own pace.
- Transfer people and bikes in Coripe Station or Puerto Serrano Station.
- Guided visit to the Via Verde de la Sierra's interpretation Center in Olvera
- Assistance in case of mechanical problems (except punctures)

PRICE PER PERSON

Price: 220 € 2 people + 110€ in case of transfer to airport. (Málaga or Seville airport)

FURTHER INFO & BOOKING

Sesca09, SL

Phone no.: +34687676462- +34657987432

Email address: info@sesca.es

Web site: www.sesca.es

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Project partners:

European Cyclists' Federation (Belgium)

Lead partner

www.ecf.com

Vidzeme Tourism Assotiation (Latvia)

www.vidzeme.com

Dansk Cykelturisme (Denmark)

www.cykelturisme.dk

University of Central Lancashire (UK)

www.uclan.ac.uk

Peoples and Cities of Europe (G.E.I.E.)

<http://www.peoplesandcities.eu/>

Romantischer Rhein Tourismus (Germany)

www.romantischer-rhein.de

Confederación Española de Organizaciones de Mayores (Spain)

www.ceoma.org

Fundación de los Ferrocarriles Españoles (Spain)

www.viasverdes.com



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